



Going home after your Loop Recorder

You have had a loop recorder insertion procedure. This handout will help you learn how to care for yourself at home, and what can be anticipated in the future. Please read this information before you go home.

A Loop Recorder is an implantable cardiac monitoring device which records heart rhythms and documents symptoms. People have loop recorders placed for many different reasons.

****Loop recorders do not treat your symptoms - please remember to always seek medical care as you normally would if you don't feel well****

The clinician will provide you with written information about your loop recorder and how and when to record a symptom. How long the loop recorder stays in place varies from person to person and your physician will be able to give you a personal estimate.

Follow-up appointments

Please see your GP in one week or as directed, to review your surgical site. You must call to arrange this appointment _____

Pacemaker Clinic

Following the implant of your loop recorder you will be followed remotely using remote monitoring. If we need to see you in person, we will work with you to make an in clinic appointment. Remote monitoring will have been explained to you and set up prior to discharge. If you have any concern, please don't hesitate to call your clinic.

Victoria Royal Jubilee Hospital Clinic 2, Main Floor, D&T Building	1952 Bay Street Victoria, BC	Tel: 250.370.8670
Nanaimo General Hospital	1200 Dufferin Crescent Nanaimo B.C.	Tel: 250.739.5914
Campbell River Campbell River General Hospital	375 - 2nd Avenue Campbell River, BC	Tel: 250.286.7156

Care of your incision

- Your incision will be covered with a light bandage. It can be removed 2 days after the procedure.
- Under the bandage, your incision may be covered with Steri-Strips (small tape-like bandages). If they do not peel off on their own, you can peel them off after 7-10 days.
- Your incision needs to be assessed by your family doctor 7 days after the procedure.
- Do not scratch, pick, or remove any scabs from the incision.
- Do not use oils, soaps, creams, powders, or lotions on your wound until it is fully healed.
- It is normal for the incision to look slightly red and bruised and feel itchy or numb for about 2 weeks.

Go to the nearest emergency room if you have:

- Increased swelling, redness, or drainage at the incision site.
- High-grade fever (38.5C/101.3F and over) for 24 hours or more.
- Low-grade fever (37.5C-37.9C or 98.5F-101.2F) for more than 2 days.
- Sudden dizziness, light-headedness, or fainting.
- Weakness or feeling very tired for several days.
- Difficulty breathing or chest pain.
- **IF THE INCISION OPENS PLEASE GO TO YOUR NEAREST EMERGENCY ROOM.**
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Bathing

- You may shower 2 days after the procedure, do not put soap directly on the area until the incision is well healed.
- Do not bathe or use a hot tub until the incision is well healed.
- Pat the area dry with a clean towel. **Do not rub.**

- Do not use soap or any product on the area until it is fully healed.

Activity

- If you received any oral or IV sedation you are legally impaired for 24 hours after the procedure. When you are legally impaired you may not drive a car, take care of a minor or sign any legal documents. Your nurse will further advise you if you did have sedation.
- However, we usually use local anesthetic (numbing the skin), with local anesthetic there are no driving limitations, but please use caution. If your driving has been suspended, you must follow the guideline you have been previously given. If you have other activity limitations, they still apply after your loop recorder has been placed.
- You may return to your normal activities after the procedure, however, please be mindful of your healing incision.

Do

- Arrange the seat belt for your comfort. A soft towel between the loop recorder and the seat belt for the first few weeks may be more comfortable.
- Avoid direct blows to the loop recorder.
- Bras may need to be loosened if it touches the insertion site.
- Tell your physiotherapist that you have a loop recorder.
- **Before entering airport security**, tell them you have a loop recorder and ask for a hand search. Wearing a button front or V-neck shirt can help.

Do not

- Until fully healed please don't lie face down.
- Do not press on your device, or massage/ rub with, it in anyway even after healing is complete.
- Do not vigorously exercise until the incision has healed.
- If you have a driving restriction in place, that restriction remains valid until you are advised otherwise.

Medications

- Restart your regular medications unless your doctor has told you not to. Fill any new prescriptions and follow directions.
- If you are taking any type of anticoagulant (blood thinner) medications, please follow the specific instructions you were given by the physician who implanted the loop recorder.

Next Steps

- **Always keep the fob (Medtronic Patient Activator) or the app (Abbott) with you so you can record your symptoms the moment you experience them.**
- If you experience a fainting spell and you do not feel well afterwards please **first seek assistance the way you normally would (GP, emergency room, or 911)** and use the fob or app to prompt a recording immediately after the episode.
- Once a transmission is received our clinician team will read your transmission within 5 business days and call you with the results. We read transmissions Monday to Friday 08:30 am to 3 pm. If you have a specific concerns about a transmission you are welcome to leave a message at your clinic.
- You will be given a temporary Loop Recorder Device Card. This card has information about your loop recorder. **Carry your device card with you at all times.** A permanent card will be mailed to you by the manufacturer in about 1 - 6 months.

Remote Monitoring

- We use two different brands of loop recorders, Abbott and Medtronic. They both communicate your heart rhythm and symptoms to our clinic but each company uses different monitoring strategies. Your care team will ensure that you are confident to use the equipment before you are discharged.
- If you need support with remote monitoring after please contact the appropriate vendor at the number below first. If you need further assistance contact your pacemaker clinic as outlined on the first page.

- **Remote monitoring is not a substitute for getting urgent help when you need it. If you feel unwell call for help first and then send a transmission once it is safe to do so.**
- Only send a transmission if you have symptoms.
- If you will be travelling for an extended period of time please call and advise the pacemaker clinic of your dates and contact information.
- Remember that your bedside monitor must be plugged into an electrical outlet that is not controlled by a light switch.
- If you have a Medtronic loop recorder you will need to have the monitor placed within 2 meters of where you sleep at night.
- If you have an Abbott loop recorder the phone that has the monitoring app on it will need to be placed within 1.5 meters of where you sleep at night. It is often best to charge the phone at night. The app needs to run continuously in the background. If you turn your phone off, you will need to re-open the app or it will not be able to perform nightly checks.

Device Manufacturer Contact Information

Abbott (Merlin @ home transmitter)

1-877-696-3754

<https://www.cardiovascular.abbott/us/en/hcp/products/cardiac-rhythm-management/connectivity-remote-care/merlin-home-transmitter.html>

Medtronic (My Care Link transmitter)

1-888-660-4616

<https://www.medtronic.com/us-en/patients/treatments-therapies/remote-monitoring.html>

If you have any concerns or questions please contact your cardiologist's office.

You may also call or email the cardiac device patient educator nurse Kate Phillips
250-370-8111 - EXT: 13344 or email – kate.phillips@islandhealth.ca